



# Thrive to Five



## Family Fun Activity Calendar

### JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fine Art</b>	<b>Social Emotional</b>	<b>Science</b>	<b>Physical</b>	<b>Social Studies</b>	<b>Language &amp; Literacy</b>	<b>Math</b>
Have your child finger paint a snowman picture using a mixture of Elmer's glue and shaving cream.	Set a goal with your child to learn something together such as eating healthier or completing a puzzle. Write it down, learn, practice and celebrate your progress.	Make popcorn. Toss some outdoors for the birds.	Sing songs about hands and do the actions to the songs (i.e. Open Shut Them, Where is Thumbkin, etc.).	Take a short walk in your neighborhood and help your child identify structures (i.e. houses, businesses, churches, etc.).	Read <u>The Mitten</u> , <u>The Hat</u> , and <u>Three Snow Bears</u> by Jan Brett. Talk about how these books are written by the same author, how they are the same and how they are different.	Have your child count the number of people and the number of animals in your house.
<b>Social Emotional</b>	<b>Science</b>	<b>Physical</b>	<b>Social Studies</b>	<b>Language &amp; Literacy</b>	<b>Math</b>	<b>Fine Art</b>
Sing <u>If You Are Happy and You Know It</u> , <u>Clap your Hands</u> . Talk about the different emotions.	Help your child fill a clear bowl with baking soda. Have them make predictions of what will happen when you drop vinegar tinted with food coloring into the bowl. Watch and have your child tell you if their prediction was correct.	Act out "Stop, Drop, and Roll" in case of a fire with your child.	Talk to your child about what to do if their home is on fire.	Help your child collect items that start with the same sound such as /b/ (i.e. ball, button, boat, etc.) Name each one with your child.	Create shapes with blue tape on your rug. Find objects around your house and have your child match them to these shapes.	Do a puzzle together with your child while listening to quiet classical music.
<b>Science</b>	<b>Physical</b>	<b>Social Studies</b>	<b>Language &amp; Literacy</b>	<b>Math</b>	<b>Fine Art</b>	<b>Social Emotional</b>
Fill a tub with sand, rice, water, or beans and provide different sized cups and/or spoons. Have your child dig, scoop, and dump.	Make an obstacle course with a table, sofa cushions, an empty box or whatever you have in your house. Have your child go through the obstacle course.	Have your child draw and write about working together. Talk about it and then hang on the refrigerator.	Practice naming all the letters in the word "January".	Label your child's dresser with pictures. Have them sort their clothes by putting like items together in the dresser.	Put finger paint into a zip-lock bag and seal. Have your child enjoy finger painting without the messy cleanup.	Have your child practice putting pants and a shirt on independently.
<b>Physical</b>	<b>Social Studies</b>	<b>Language &amp; Literacy</b>	<b>Math</b>	<b>Fine Art</b>	<b>Social Emotional</b>	<b>Science</b>
Help your child make bean bags with beans or rice and old small socks. Have your child practice tossing them into a basket.	Talk about Martin Luther King Jr. with your child and about what characteristics make a hero (e.g. brave, honest, noble). Explain that he was a man who was a hero to many because he worked hard toward peace and for all people to get along.	Read <u>The Snowy Day</u> by Ezra Jack Keats and talk about the pictures.	Have your child set the table: one plate, fork and napkin for each person in your family.	Have your child paint some penne pasta and then string on some yarn to make a necklace for a family member or friend.	Using a label make an "I am special" badge for your child to wear for the day. Talk to them about all the qualities that make them special.	Have your child help make hot chocolate. Let your child stir, and count marshmallows to add to the top.

Thrive to Five offers **FREE** classes and community resources to families with children ages 0-5 years old!  
For more information and to register for classes visit [ThrivetoFive.org](http://ThrivetoFive.org)